

We claim:

1. A method of relieving nausea, said method comprising the steps of:

5 providing an acupressure device comprising a housing, a strap for securing the device to the body, and a nodule capable of extending from the housing to a variable extent, and a driving mechanism for driving the nodule to extend from the housing;

10 securing the device to the wrist so that the nodule is located proximate to the P6 acupuncture point; and

operating the driving mechanism to cause the nodule to extend from the housing and impinge on the P6 acupuncture point.

15 2. The method of claim 1 wherein step of operating the driving mechanism comprises operating the driving mechanism to cause the nodule to extend from the housing and impinge on the P6 acupuncture point at a rate of about 1/3 Hz to about 1/5 Hz.

20 3. The method of claim 1 wherein the step of operating the driving mechanism comprises operating the driving mechanism to cause the nodule to extend from the housing and impinge on the P6 acupuncture point with varying degrees of force.

25 4. The method of claim 1 wherein the step of providing an acupressure device comprises providing an acupressure device wherein the driving mechanism comprises a reciprocating mechanism having a motor, a rotating shaft operably connected to the motor, and a cam wheel operably connected to the rotating shaft.

5. The method of claim 1 wherein the step of providing an acupressure device comprises providing an acupressure device wherein the driving mechanism comprises a solenoid operably engaging the nodule, a power supply located within the housing, and a controller located within the housing, the controller programmed to operate the solenoid to move the nodule through the aperture.

6. The method of claim 1 wherein the step of providing an acupressure device comprises providing an acupressure device wherein the driving mechanism comprises a linkage operably engaging the nodule to urge the nodule through the aperture, a solenoid operably engaging the linkage, a power supply located within the housing and operably connected to the solenoid, and a controller located within the housing, the controller programmed to operate the solenoid to actuate the linkage.

7. A device for providing variable pressure to a point on the body of a person, said device comprising:

a housing comprising a bottom portion and a top portion, said bottom portion adapted be placed in apposition to the point and to rest on the body in proximity to the point, said bottom portion having an aperture positioned so as to overly the point when the bottom is placed in apposition to the point;

a strap for attaching the housing to the body, said strap adapted to be secured on the body and hold the housing to the body;

a nodule disposed within the housing, said nodule adapted to slide inwardly and outwardly from the housing through the aperture, said nodule sized and dimensioned to

impinge upon an acupuncture point on the wrist without substantially impinging on adjacent areas of the wrist; and

a solenoid disposed within the housing and operably
 5 connected to a lever, said lever operatively engaging the nodule, wherein the lever is capable of driving the nodule inwardly and outwardly from the aperture when the solenoid drives the lever.

8. The device of claim 7 further comprising:

10 a flexible sheet covering the aperture, said sheet being sufficiently flexible to allow the nodule to protrude from the housing.

9. The device of claim 7 further comprising:

a power supply disposed within the housing, said power
 15 supply operably connected to the solenoid; and
 a controller disposed within the housing, said controller programmed to operate the solenoid to drive the lever.

10. The device of claim 7 wherein the solenoid drives the lever to drive the nodule inwardly and outwardly from the aperture at
 20 a rate of about 1/3 Hz to about 1/5 Hz.

11. The device of claim 7 wherein the solenoid is capable of capable of driving the lever to drive the nodule with varying degrees of force.

12. A device for providing variable pressure to a point on the
 25 wrist of a person, said device comprising:

a housing comprising a bottom portion and a top portion,
said bottom portion adapted be placed in apposition to
the point on the wrist and to rest on the body in
proximity to the point on the wrist, said bottom portion
5 having an aperture positioned so as to overlie the point
when the bottom is placed in apposition to the point;

a strap for attaching the housing to the wrist of a person,
said strap adapted to be secured on the body and hold the
housing to the body;

10 a nodule disposed within the housing, said nodule adapted
to slide inwardly and outwardly from the housing through
the aperture, said nodule sized and dimensioned to
impinge upon an acupuncture point on the wrist without
substantially impinging on adjacent areas of the wrist;

15 a reciprocating mechanism disposed within the housing, said
reciprocating mechanism operably connected to the nodule
such that reciprocating action of the reciprocating
mechanism tends to cause outward movement of the nodule
through the aperture;

20 wherein the reciprocating mechanism drives the nodule with
varying degrees of force.

13. The device of claim 12 further comprising:

a flexible sheet covering the aperture, said sheet being
sufficiently flexible to allow the nodule to protrude
25 from the housing.

14. The device of claim 12 further comprising a controller
disposed within the housing, said controller programmed to
operate the reciprocating mechanism to drive the nodule.

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15. The device of claim 12 wherein the reciprocating mechanism drives the nodule inwardly and outwardly from the aperture at a rate of about $1/3$ Hz to about $1/5$ Hz.